

# Meal Plan

This week, we're going to eat...

	Lunch	Dinner	Snack
Monday	Jacket potato with tuna, sweetcorn and soft cheese	Vegetable biryani	
Tuesday	Egg fried rice	Creamy chicken and leek hotpot	Crumpets with soft cheese and pepper slices
Wednesday	Jacket potato with vegetable chilli	Tuna pasta	
Thursday	Peanut butter and banana sandwiches with carrot and cucumber sticks	Spaghetti Bolognese	Sweet potato wedges with a yoghurt dip
Friday	Spaghetti Bolognese	Leek, potato and pea soup	
Saturday	Peanut butter and banana sandwiches with carrot and cucumber sticks	Jerk chicken with rice and beans	Sweet potato wedges with a yoghurt dip
Sunday	Chicken and sweetcorn soup	African sweet potato stew	

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